

**SQUAT**

47 KG	118.0 KG	Marnel Spencer	8-Oct-22	St. Johns, NL
52 KG	141.0 KG	Mikayla Lohse	8-Sep-17	Winnipeg, MB
57 KG	180.0 KG	Melanie Ziffle	8-Jun-15	Moose Jaw, SK
63 KG	200.0 KG	Melanie Ziffle	18-Feb-16	Regina, SK
69 KG	186.5 KG	Charlene Cossar	23-Oct-22	Saskatoon, SK
76 KG	218.5 KG	Jessica Buettner	6-May-22	Sun City, South Africa
84 KG	257.5 KG	Rhaea Stinn	23-Nov-19	Dubai, UAE
+84 KG	230.0 KG	Rhaea Fowler	3-Sep-11	Moose Jaw, SK

**BENCH PRESS**

47 KG	69.0 KG	Marnel Spencer	1-Oct-21	Moose Jaw, SK
52 KG	72.5 KG	Samantha Solie	22-Jun-16	Killeen, Texas
57 KG	105.0 KG	Melanie Ziffle	8-Jun-15	Moose Jaw, SK
63 KG	116.0 KG	Melanie Ziffle	15-Aug-16	St. Croix, U.S. Virgin Island
69 KG	113.0 KG	Charlene Cossar	15-Feb-23	Richmond, BC
76 KG	122.5 KG	Kaylee Maruska	21-Aug-21	Orlando, Florida
84 KG	228.5 KG	Rhaea Stinn	9-May-22	St. Johns, NL
+84 KG	165.0 KG	Taunia Stevens	9-Jul-15	Moose Jaw, SK

**DEADLIFT**

47 KG	127.5 KG	Marnel Spencer	8-Oct-22	St. Johns, NL
52 KG	156.5 KG	Mikayla Lohse	8-Sep-17	Winnipeg, MB
57 KG	177.5 KG	Melanie Ziffle	8-Jun-15	Moose Jaw, SK
63 KG	190.0 KG	Shantelle Szuch	16-Nov-16	Orlando, Florida
69 KG	187.5 KG	Charlene Cossar	9-May-22	St. Johns, NL
76 KG	261.5 KG	Jessica Buettner	6-May-22	Sun City, South Africa
84 KG	243.5 KG	Jessica Buettner	21-Sep-19	St. Johns, NL
+84 KG	200.0 KG	Bret Dundas	20-May-17	Regina, SK

**TOTAL**

47 KG	312.5 KG	Marnel Spencer	1-Oct-21	Moose Jaw, SK
52 KG	360.0 KG	Mikayla Lohse	8-Sep-17	Winnipeg, MB
57 KG	462.5 KG	Melanie Ziffle	8-Jun-15	Moose Jaw, SK
63 KG	478.5 KG	Melanie Ziffle	15-Aug-16	St. Croix, U.S. Virgin Island
69 KG	481.5 KG	Charlene Cossar	23-Oct-22	Saskatoon, SK
76 KG	585.0 KG	Jessica Buettner	6-May-22	Sun City, South Africa
84 KG	697.0 KG	Rhaea Stinn	8-Jul-22	Birmingham, Alabama
+84 KG	582.5 KG	Rhaea Fowler	3-Sep-11	Moose Jaw, SK

**BENCH PRESS ONLY**

47 KG	69.0 KG	Marnel Spencer	1-Oct-21	Moose Jaw, SK
52 KG	72.5 KG	Samantha Solie	22-Jun-16	Killeen, Texas
57 KG	105.0 KG	Melanie Ziffle	8-Jun-15	Moose Jaw, SK
63 KG	116.0 KG	Melanie Ziffle	15-Aug-16	St. Croix, U.S. Virgin Island
69 KG	113.0 KG	Charlene Cossar	15-Feb-23	Richmond, BC
76 KG	122.5 KG	Kaylee Maruska	21-Aug-21	Orlando, Florida
84 KG	228.5 KG	Rhaea Stinn	9-May-22	St. Johns, NL
+84 KG	205.0 KG	Rhaea Stinn	10-Aug-23	Brandon, MB

Sub-Junior Equipped Provincial Records
**SQUAT**

43 KG		<b>*NO RECORD*</b>		
47 KG	75.0 KG	Mikayla Lohse	12-Apr-12	Calgary, AB
52 KG	127.5 KG	Mikayla Lohse	3-Oct-14	St. Catherines, ON
57 KG	132.5 KG	Mikayla Lohse	3-Apr-14	St. Catherines, ON
63 KG	127.5 KG	Calla Hrynewich	12-Aug-23	Brandon, MB
69 KG	125.0 KG	Calla Hrynewich	15-Feb-23	Richmond, BC
76 KG	140.0 KG	Bree Hagen	2-Oct-21	Moose Jaw, SK
84 KG	150.0 KG	Brianna Swryda	28-Aug-19	Regina, SK
+84 KG	190.0 KG	Brittany Rowland	4-Oct-14	Calgary, AB

**BENCH PRESS**

43 KG		<b>*NO RECORD*</b>		
47 KG	35.0 KG	Mikayla Lohse	12-Apr-12	Calgary, AB
52 KG	62.5 KG	Mikayla Lohse	8-Jul-15	Moose Jaw, SK
57 KG	60.0 KG	Mikayla Lohse	3-Apr-14	St. Catherines, ON
63 KG	80.0 KG	Calla Hrynewich	12-Aug-23	Brandon, MB
69 KG	78.0 KG	Calla Hrynewich	15-Feb-23	Richmond, BC
76 KG	75.0 KG	Bree Hagen	2-Oct-21	Moose Jaw, SK
84 KG	90.5 KG	Natalie Butz	15-Feb-23	Richmond, BC
+84 KG	100.0 KG	Brittany Rowland	28-Jun-14	Moose Jaw, SK

**DEADLIFT**

43 KG		<b>*NO RECORD*</b>		
47 KG	102.5 KG	Mikayla Lohse	12-Apr-12	Calgary, AB
52 KG	156.0 KG	Mikayla Lohse	10-Apr-15	St. John, NL
57 KG	144.5 KG	Mikayla Lohse	3-Apr-14	St. Catherines, ON
63 KG	137.5 KG	Jayden Pederson	10-Dec-16	Moose Jaw, SK
69 KG	122.5 KG	Calla Hrynewich	15-Feb-23	Richmond, BC
76 KG	140.0 KG	Bree Hagen	2-Oct-21	Moose Jaw, SK
84 KG	140.0 KG	Natalie Butz	23-Sep-22	Calgary, AB
+84 KG	175.5 KG	Brittany Rowland	4-Oct-14	Calgary, AB

**TOTAL**

43 KG		<b>*NO RECORD*</b>		
47 KG	212.5 KG	Mikayla Lohse	12-Apr-12	Calgary, AB
52 KG	331.5 KG	Mikayla Lohse	10-Apr-15	St. Johns, NL
57 KG	337.0 KG	Mikayla Lohse	3-Apr-14	St. Catherines, ON
63 KG	347.0 KG	Calla Hrynewich	12-Aug-23	Brandon, MB
69 KG	325.5 KG	Calla Hrynewich	15-Feb-23	Richmond, BC
76 KG	355.0 KG	Bree Hagen	2-Oct-21	Moose Jaw, SK
84 KG	362.5 KG	Brianna Swryda	28-Aug-19	Regina, SK
+84 KG	460.5 KG	Brittany Rowland	4-Oct-14	Calgary, AB

**BENCH PRESS ONLY**

43 KG		<b>*NO RECORD*</b>		
47 KG	35.0 KG	Mikayla Lohse	12-Apr-12	Calgary, AB
52 KG	62.5 KG	Mikayla Lohse	8-Jul-15	Moose Jaw, SK
57 KG	60.0 KG	Mikayla Lohse	3-Apr-14	St. Catherines, ON
63 KG	80.0 KG	Calla Hrynewich	12-Aug-23	Brandon, MB
69 KG	78.0 KG	Calla Hrynewich	15-Feb-23	Richmond, BC
76 KG	75.0 KG	Bree Hagen	2-Oct-21	Moose Jaw, SK
84 KG	90.5 KG	Natalie Butz	15-Feb-23	Richmond, BC
+84 KG	100.0 KG	Brittany Rowland	28-Jun-14	Moose Jaw, SK

Junior Equipped Provincial Records

**SQUAT**

43 KG		<b>*NO RECORD*</b>		
47 KG	102.5 KG	Tatiana Thompson	8-Sep-17	Winnipeg, MB
52 KG	141.0 KG	Mikayla Lohse	8-Sep-17	Winnipeg, MB
57 KG	157.5 KG	Mikayla Lohse	3-Mar-19	Ottawa, ON
63 KG	170.0 KG	Mikayla Lohse	28-Aug-19	Regina, SK
69 KG	112.5 KG	Calla Hrynewich	23-Sep-22	Calgary, AB
76 KG	185.0 KG	Kaylee Maruska	21-Aug-21	Orlando, Florida
84 KG	235.0 KG	Rhaea Fowler	11-Nov-11	Pilsen, Czech Republic
+84 KG	230.0 KG	Rhaea Fowler	3-Sep-11	Moose Jaw, SK

**BENCH PRESS**

43 KG		<b>*NO RECORD*</b>		
47 KG	40.0 KG	Tatiana Thompson	8-Sep-17	Winnipeg, MB
52 KG	72.5 KG	Samantha Solie	22-Jun-16	Kileen, Texas
57 KG	82.5 KG	Mikayla Lohse	3-Mar-19	Ottawa, ON
63 KG	95.0 KG	Mikayla Lohse	28-Aug-19	Regina, SK
69 KG	75.5 KG	Calla Hrynewich	23-Sep-22	Calgary, AB
76 KG	122.5 KG	Kaylee Maruska	21-Aug-21	Orlando, Florida
84 KG	152.5 KG	Rhaea Fowler	11-Nov-11	Pilsen, Czech Republic
+84 KG	157.5 KG	Rhaea Fowler	3-Sep-11	Moose Jaw, SK

**DEADLIFT**

43 KG		<b>*NO RECORD*</b>		
47 KG	107.5 KG	Tatiana Thompson	8-Sep-17	Winnipeg, MB
52 KG	156.5 KG	Mikayla Lohse	8-Sep-17	Winnipeg, MB
57 KG	171.0 KG	Mikayla Lohse	3-Mar-19	Ottawa, ON
63 KG	171.5 KG	Kirstie Armstead	22-Dec-18	Moose Jaw, SK
69 KG	117.5 KG	Calla Hrynewich	23-Sep-22	Calgary, AB
76 KG	185.0 KG	Kaylee Maruska	21-Aug-21	Orlando, Florida
84 KG	228.0 KG	Jessica Buettner	7-Sep-18	Edmonton, AB
+84 KG	195.0 KG	Rhaea Fowler	3-Sep-11	Moose Jaw, SK

**TOTAL**

43 KG		<b>*NO RECORD*</b>		
47 KG	250.0 KG	Tatiana Thompson	8-Sep-17	Winnipeg, MB
52 KG	360.0 KG	Mikayla Lohse	8-Sep-17	Winnipeg, MB
57 KG	411.0 KG	Mikayla Lohse	3-Mar-19	Ottawa, ON
63 KG	427.5 KG	Mikayla Lohse	28-Aug-19	Regina, SK
69 KG	305.5 KG	Calla Hrynewich	23-Sep-22	Calgary, AB
76 KG	492.5 KG	Kaylee Maruska	21-Aug-21	Orlando, Florida
84 KG	577.5 KG	Rhaea Fowler	11-Nov-11	Pilsen, Czech Republic
+84 KG	587.5 KG	Rhaea Fowler	3-Sep-11	Moose Jaw, SK

**BENCH PRESS ONLY**

43 KG		<b>*NO RECORD*</b>		
47 KG	40.0 KG	Tatiana Thompson	8-Sep-17	Winnipeg, MB
52 KG	72.5 KG	Samantha Solie	22-Jun-16	Kileen, Texas
57 KG	82.5 KG	Mikayla Lohse	3-Mar-19	Ottawa, ON
63 KG	95.0 KG	Mikayla Lohse	28-Aug-19	Regina, SK
69 KG	75.5 KG	Calla Hrynewich	23-Sep-22	Calgary, AB
76 KG	122.5 KG	Kaylee Maruska	21-Aug-21	Orlando, Florida
84 KG	152.5 KG	Rhaea Fowler	11-Nov-11	Pilsen, Czech Republic
+84 KG	157.5 KG	Rhaea Fowler	3-Sep-11	Moose Jaw, SK



# Saskatchewan Powerlifting

Master I Equipped Provincial Records

Women's Equipped Provincial Records

August 20, 2023

Page 4 of 7

## SQUAT

47 KG	118.0 KG	Marnel Spencer	8-Oct-22	St. Johns, NL
52 KG		<b>*NO RECORD*</b>		
57 KG	110.0 KG	Shauna Hammer	9-May-22	St. Johns, NL
63 KG	180.5 KG	Shantelle Szuch	3-Mar-19	Ottawa, ON
69 KG		<b>*NO RECORD*</b>		
76 KG	137.5 KG	Mava Brydges	9-May-22	St. Johns, NL
84 KG	145.5 KG	Amber Amendt	7-Apr-22	Saskatoon, SK
+84 KG	172.5 KG	Jennifer Wessner	3-Mar-20	Winnipeg, MB

## BENCH PRESS

47 KG	69.0 KG	Marnel Spencer	1-Oct-21	Moose Jaw, SK
52 KG		<b>*NO RECORD*</b>		
57 KG	62.5 KG	Shauna Hammer	9-May-22	St. Johns, NL
63 KG	97.5 KG	Shantelle Szuch	3-Mar-19	Ottawa, ON
69 KG		<b>*NO RECORD*</b>		
76 KG	92.5 KG	Emmanuelle Archambault	11-Dec-21	Moose Jaw, SK
84 KG	92.5 KG	Angela Desjarlais	10-Dec-16	Moose Jaw, SK
+84 KG	135.0 KG	Heidi Fowler	8-Oct-22	St. Johns, NL

## DEADLIFT

47 KG	127.5 KG	Marnel Spencer	8-Oct-22	St. Johns, NL
52 KG		<b>*NO RECORD*</b>		
57 KG	125.0 KG	Shauna Hammer	9-May-22	St. Johns, NL
63 KG	186.0 KG	Shantelle Szuch	3-Mar-20	Winnipeg, MB
69 KG		<b>*NO RECORD*</b>		
76 KG	182.5 KG	Emmanuelle Archambault	11-Dec-21	Moose Jaw, SK
84 KG	173.5 KG	Amber Amendt	7-Apr-22	Saskatoon, SK
+84 KG	187.5 KG	Jennifer Wessner	3-Mar-20	Winnipeg, MB

## TOTAL

47 KG	312.5 KG	Marnel Spencer	1-Oct-21	Moose Jaw, SK
52 KG		<b>*NO RECORD*</b>		
57 KG	297.5 KG	Shauna Hammer	9-May-22	St. Johns, NL
63 KG	450.5 KG	Shantelle Szuch	3-Mar-19	Ottawa, ON
69 KG		<b>*NO RECORD*</b>		
76 KG	397.5 KG	Emmanuelle Archambault	11-Dec-21	Moose Jaw, SK
84 KG	386.5 KG	Amber Amendt	7-Apr-22	Saskatoon, SK
+84 KG	460.0 KG	Heidi Fowler	8-Oct-22	St. Johns, NL

## BENCH PRESS ONLY

47 KG	69.0 KG	Marnel Spencer	1-Oct-21	Moose Jaw, SK
52 KG		<b>*NO RECORD*</b>		
57 KG	62.5 KG	Shauna Hammer	9-May-22	St. Johns, NL
63 KG	97.5 KG	Shantelle Szuch	3-Mar-19	Ottawa, ON
69 KG		<b>*NO RECORD*</b>		
76 KG	92.5 KG	Emmanuelle Archambault	11-Dec-21	Moose Jaw, SK
84 KG	92.5 KG	Angela Desjarlais	10-Dec-16	Moose Jaw, SK
+84 KG	141.0 KG	Heidi Fowler	10-Aug-23	Brandon, MB

**Master II Equipped Provincial Records**
**SQUAT**

47 KG	118.0 KG	Marnel Spencer	8-Oct-22	St. Johns, NL
52 KG		*NO RECORD*		
57 KG		*NO RECORD*		
63 KG	92.5 KG	Tania Spak	26-Aug-17	Regina, SK
69 KG		*NO RECORD*		
76 KG	137.5 KG	Mava Brydges	9-May-22	St. Johns, NL
84 KG	132.5 KG	Genevieve Grant	15-Feb-16	Regina, SK
+84 KG	160.0 KG	Gwendelyn Grasdal	2-Sep-19	St. Johns, NL

**BENCH PRESS**

47 KG	69.0 KG	Marnel Spencer	1-Oct-21	Moose Jaw, SK
52 KG		*NO RECORD*		
57 KG		*NO RECORD*		
63 KG	60.0 KG	Tania Spak	26-Aug-17	Regina, SK
69 KG		*NO RECORD*		
76 KG	87.5 KG	Mava Brydges	9-May-22	St. Johns, NL
84 KG	82.5 KG	Genevieve Grant	15-Feb-16	Regina, SK
+84 KG	95.5 KG	Gwendelyn Grasdal	2-Sep-19	St. Johns, NL

**DEADLIFT**

47 KG	127.5 KG	Marnel Spencer	8-Oct-22	St. Johns, NL
52 KG		*NO RECORD*		
57 KG		*NO RECORD*		
63 KG	130.0 KG	Tania Spak	19-Jun-17	Killeen, Texas
69 KG		*NO RECORD*		
76 KG	147.5 KG	Mava Brydges	8-Oct-22	St. Johns, NL
84 KG	173.0 KG	Genevieve Grant	15-Feb-16	Regina, SK
+84 KG	165.5 KG	Sandra Nase	8-Apr-15	St. Johns, NL

**TOTAL**

47 KG	312.5 KG	Marnel Spencer	1-Oct-21	Moose Jaw, SK
52 KG		*NO RECORD*		
57 KG		*NO RECORD*		
63 KG	281.0 KG	Tania Spak	26-Aug-17	Regina, SK
69 KG		*NO RECORD*		
76 KG	370.0 KG	Mava Brydges	9-May-22	St. Johns, NL
84 KG	382.5 KG	Genevieve Grant	15-Feb-16	Regina, SK
+84 KG	397.5 KG	Gwendelyn Grasdal	22-Feb-18	St. Johns, NL

**BENCH PRESS ONLY**

47 KG	69.0 KG	Marnel Spencer	1-Oct-21	Moose Jaw, SK
52 KG		*NO RECORD*		
57 KG		*NO RECORD*		
63 KG	61.0 KG	Tania Spak	30-Sep-18	Saskatoon, SK
69 KG		*NO RECORD*		
76 KG	87.5 KG	Mava Brydges	9-May-22	St. Johns, NL
84 KG	82.5 KG	Genevieve Grant	15-Feb-16	Regina, SK
+84 KG	110.0 KG	Tammie-Lee Ballinger	22-Jan-22	Saskatoon, SK

**SQUAT**

47 KG	118.0 KG	Marnel Spencer	8-Oct-22	St. Johns, NL
52 KG		*NO RECORD*		
57 KG		*NO RECORD*		
63 KG	92.5 KG	Tania Spak	26-Aug-17	Regina, SK
69 KG		*NO RECORD*		
76 KG	137.5 KG	Mava Brydges	9-May-22	St. Johns, NL
84 KG	90.5 KG	Mava Brydges	30-Sep-18	Saskatoon, SK
+84 KG	117.5 KG	Sandra Nase	21-Sep-19	St. Johns, NL

**BENCH PRESS**

47 KG	65.0 KG	Marnel Spencer	9-May-22	St. Johns, NL
52 KG		*NO RECORD*		
57 KG		*NO RECORD*		
63 KG	60.0 KG	Tania Spak	26-Aug-17	Regina, SK
69 KG		*NO RECORD*		
76 KG	90.0 KG	Mava Brydges	15-Feb-23	Richmond, BC
84 KG	61.0 KG	Mava Brydges	16-Apr-17	Saskatoon, SK
+84 KG	60.0 KG	Sandra Nase	21-Sep-19	St. Johns, NL

**DEADLIFT**

47 KG	127.5 KG	Marnel Spencer	8-Oct-22	St. Johns, NL
52 KG		*NO RECORD*		
57 KG		*NO RECORD*		
63 KG	130.0 KG	Tania Spak	19-Jun-17	Killeen, Texas
69 KG		*NO RECORD*		
76 KG	148.0 KG	Mava Brydges	15-Feb-23	Richmond, BC
84 KG	107.5 KG	Mava Brydges	16-Apr-17	Saskatoon, SK
+84 KG	161.0 KG	Sandra Nase	30-Sep-18	Saskatoon, SK

**TOTAL**

47 KG	310.5 KG	Marnel Spencer	8-Oct-22	St. Johns, NL
52 KG		*NO RECORD*		
57 KG		*NO RECORD*		
63 KG	281.0 KG	Tania Spak	26-Aug-17	Regina, SK
69 KG		*NO RECORD*		
76 KG	370.5 KG	Mava Brydges	15-Feb-23	Richmond, BC
84 KG	252.5 KG	Mava Brydges	16-Apr-17	Saskatoon, SK
+84 KG	333.0 KG	Sandra Nase	6-Jun-18	Calgary, AB

**BENCH PRESS ONLY**

47 KG	65.0 KG	Marnel Spencer	9-May-22	St. Johns, NL
52 KG		*NO RECORD*		
57 KG		*NO RECORD*		
63 KG	61.0 KG	Tania Spak	30-Sep-18	Saskatoon, SK
69 KG		*NO RECORD*		
76 KG	95.0 KG	Mava Brydges	10-Aug-23	Brandon, MB
84 KG	63.5 KG	Mava Brydges	31-Dec-17	Moose Jaw, SK
+84 KG	60.0 KG	Sandra Nase	21-Sep-19	St. Johns, NL

**SQUAT**

47 KG			*NO RECORD*		
52 KG			*NO RECORD*		
57 KG			*NO RECORD*		
63 KG			*NO RECORD*		
69 KG			*NO RECORD*		
76 KG			*NO RECORD*		
84 KG	60.0 KG	Joy Brown		8-Sep-19	Saskatoon, SK
+84 KG			*NO RECORD*		

**BENCH PRESS**

47 KG			*NO RECORD*		
52 KG			*NO RECORD*		
57 KG			*NO RECORD*		
63 KG			*NO RECORD*		
69 KG			*NO RECORD*		
76 KG			*NO RECORD*		
84 KG	35.0 KG	Joy Brown		8-Sep-19	Saskatoon, SK
+84 KG			*NO RECORD*		

**DEADLIFT**

47 KG			*NO RECORD*		
52 KG			*NO RECORD*		
57 KG			*NO RECORD*		
63 KG			*NO RECORD*		
69 KG			*NO RECORD*		
76 KG			*NO RECORD*		
84 KG	102.5 KG	Joy Brown		13-Jul-19	Martensville, SK
+84 KG			*NO RECORD*		

**TOTAL**

47 KG			*NO RECORD*		
52 KG			*NO RECORD*		
57 KG			*NO RECORD*		
63 KG			*NO RECORD*		
69 KG			*NO RECORD*		
76 KG			*NO RECORD*		
84 KG	190.0 KG	Joy Brown		13-Jul-19	Martensville, SK
+84 KG			*NO RECORD*		

**BENCH PRESS ONLY**

47 KG			*NO RECORD*		
52 KG			*NO RECORD*		
57 KG			*NO RECORD*		
63 KG			*NO RECORD*		
69 KG			*NO RECORD*		
76 KG			*NO RECORD*		
84 KG	35.0 KG	Joy Brown		8-Sep-19	Saskatoon, SK
+84 KG			*NO RECORD*		